

**Lee's Summit R-7 School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/01/2019															
Elementary Lunch	Total														
Macaroni & Cheese	1 Cup	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas, Seasoned	1/2 cup	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	0.00	0.00
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		672	45	890	4.68	3.61	717.1	2683	26.72	42	31.61	95.56	18.12	8.88	*0.00
% of Calories										25.2%	18.8%	56.9%	24.3%	11.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/02/2019															
Elementary Lunch	Total														
Chicken Nuggets	1 serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Turkey Deli Sandwich	1 each	400	98	984	4.12	2.57	158.3	152	4.94	1	44.75	26.76	13.08	3.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Breaded Drumstick Basket	1 each	380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 TBSP	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Grapes,Fresh	1/2 cup	33	0	5	0.37	0.00	7.3	37	0.44	7	0.0	8.4	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		534	42	926	5.15	2.39	390.3	1311	27.03	33	28.82	65.61	17.64	3.84	*0.00
% of Calories										24.8%	21.6%	49.1%	29.7%	6.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/03/2019															
Elementary Lunch															
French Toast /Sausage*	Total serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pizza, Southwest (Fiestada)	slice	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheesy Hashbrowns	1/2 cup	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
Orange Smiles	1/2 EACH	40	0	0	1.50	0.00	30.0	50	39.0	7	0.5	9.5	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	1 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		620	83	896	4.15	1.59	467.5	1824	31.18	43	25.92	80.42	21.39	8.53	*0.00
% of Calories										27.5%	16.7%	51.9%	31.1%	12.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/04/2019															
Elementary Lunch	Total														
Cheeseburger on Bun	1 each	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Pears, Chilled	1/2 cup	78	0	6	2.59	0.47	0.0	71	1.56	16	0.0	20.76	0.0	0.00	0.00
Strawberries: frozen	1/2 cup	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 oz	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 TBSP	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average		540	49	647	5.04	2.76	414.8	1331	53.92	*46	27.42	78.40	13.76	4.39	*0.00
% of Calories										*34.0%	20.3%	58.1%	22.9%	7.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/05/2019															
Elementary Lunch	Total														
Fish & Chips	basket	400	50	600	3.00	2.16	20.0	0	4.8	1	17.0	46.0	16.0	3.50	0.00
Corn Dog Nuggets	serving of 6	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Baked Beans- district	1/2 CUP	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
French Fries, Seasoned	2.52 oz serving	120	0	280	2.00	7.92	0.0	0	51.6	0	2.0	16.0	5.0	1.50	0.00
Shape Up	1 each	40	0	10	0.00	0.00	0.0	45	1.2	9	0.0	10.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz serving	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
BBQ Sauce	2 oz	65	0	299	1.87	0.00	0.0	374	0.0	11	0.0	14.95	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 oz	65	0	299	1.87	0.00	0.0	374	0.0	11	0.0	14.95	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		581	46	820	5.22	3.58	431.8	1272	55.53	42	22.98	85.75	16.03	4.08	*0.00
% of Calories										29.0%	15.8%	59.0%	24.8%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/08/2019															
Elementary Lunch	Total														
Spaghetti & Meatsauce	1 Cup	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Pizza, Cheese Wedge	slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
Applesauce, Rosey	1/2 cup	64	0	116	0.97	0.00	0.1	77	20.35	*11	3.26	14.9	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		630	34	803	5.53	3.84	673.6	2653	52.70	*40	33.01	93.40	14.31	6.69	*0.00
% of Calories										*25.1%	21.0%	59.3%	20.5%	9.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/09/2019															
Elementary Lunch	Total														
Chicken Nuggets	serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Cheeseburger Basket	basket	409	48	631	3.57	2.75	213.1	202	0.0	*1	22.69	40.73	18.1	4.55	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Breaded Drumstick Basket	1 each	380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 TBSP	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		571	39	983	4.97	2.43	397.2	1248	30.48	*35	27.18	72.83	18.99	4.22	*0.00
% of Calories										*24.8%	19.0%	51.0%	29.9%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/10/2019															
Elementary Lunch															
	Total														
Pancakes/Sausage/Syrup	1 serving	349	26	366	1.54	1.11	16.0	136	0.0	21	9.08	53.54	12.31	3.70	0.00
Pepperoni Pinwheel Pocket	1 each	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Potato, Tator Tots	serving of 9	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Shape Up	1 each	40	0	10	0.00	0.00	0.0	45	1.2	9	0.0	10.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
BBQ Sauce	2 oz	65	0	299	1.87	0.00	0.0	374	0.0	11	0.0	14.95	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	1 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		569	33	990	6.19	2.91	541.9	1515	18.69	37	26.02	79.74	15.74	6.57	*0.00
% of Calories										26.0%	18.3%	56.0%	24.9%	10.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/11/2019															
Elementary Lunch															
	Total														
Tacos, Beef Hard Shells	tacos	304	34	450	3.14	1.99	124.5	457	3.09	1	12.86	22.74	18.24	6.39	*0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Taco Toppings	serving	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Spanish Rice	1/2 cup	46	0	145	0.06	1.80	1.7	691	8.29	*1	0.47	8.46	0.77	0.12	*0.00
Refried Beans: canned	1/2 cup	122	1	182	5.28	2.40	67.1	51	8.1	1	7.67	20.97	0.56	0.30	0.00
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	1.22	0.44	12.2	61	11.76	17	0.0	19.6	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 oz	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 TBSP	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Weighted Daily Average		611	38	861	6.49	4.78	466.3	1672	18.13	*30	29.33	76.79	19.95	5.47	*0.00
% of Calories										*19.6%	19.2%	50.3%	29.4%	8.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/12/2019															
Elementary Lunch	Total														
Fish & Chips	basket	400	50	600	3.00	2.16	20.0	0	4.8	1	17.0	46.0	16.0	3.50	0.00
Hot Dog on Bun	sandwich	350	35	570	2.00	1.80	80.0	5	2.4	3	13.0	28.0	20.0	7.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mixed Vegetables	1/2 cup	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	0.00
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Apples, Cinnamon	1/2 cup	86	0	13	2.75	0.03	3.0	58	0.01	14	0.01	17.72	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		635	46	821	5.41	2.54	435.7	1856	26.76	44	24.36	86.90	20.17	7.51	*0.00
% of Calories										27.8%	15.3%	54.7%	28.6%	10.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/15/2019															
Elementary Lunch	Total														
Macaroni & Cheese	1 Cup	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas, Seasoned	1/2 cup	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	0.00
Pears, Chilled	1/2 cup	78	0	6	2.59	0.47	0.0	71	1.56	16	0.0	20.76	0.0	0.00	0.00
Blueberries, frozen	1/2 cup	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		687	44	984	6.28	3.99	725.7	2393	21.05	41	31.59	98.43	18.87	8.62	*0.00
% of Calories										24.0%	18.4%	57.3%	24.7%	11.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/16/2019															
Elementary Lunch															
	Total														
	Chicken Nuggets	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
	Ham & Cheese Sandwich	265	68	742	2.00	1.80	135.9	152	1.2	*1	22.54	21.01	10.02	2.77	0.00
	Baked Potato Entree	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
	Breaded Drumstick Basket	380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
	Carrots, Baby	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
	Homemade Bread	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
	Mashed Potatoes	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
	Gravy, Poultry Low Sodium	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
	Green Beans, Seasoned	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
	Peaches: canned, light syrup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
	Juice, Assorted 4 oz	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
	Milk, Choc 1% Carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
	Milk, 1% White Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
	Milk, Strawberry Skim Carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
	Ketchup packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
	Mustard: individual PC	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Dressing, Salad Miracle Whip	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
	BBQ Sauce	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
	Dressing, Ranch FF	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
	Dressing, Honey Mustard	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
	Jelly	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		567	40	1012	4.53	2.43	393.0	1340	26.51	*35	27.13	71.49	18.75	4.24	*0.00
% of Calories										*24.6%	19.2%	50.5%	29.8%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/17/2019															
Elementary Lunch	Total														
Dutch Waffle/Sausage patty	waffle	554	72	694	3.00	1.80	72.0	112	0.0	15	16.0	48.11	33.0	10.40	*0.00
Lasagna Roll Up	servings	302	20	941	3.78	2.36	335.6	1067	14.0	8	16.78	39.67	7.33	3.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Tropical fruit mix	1/2 cup	66	0	3	1.09	0.39	6.1	435	15.28	16	0.0	17.38	0.0	0.00	0.00
Strawberries: frozen	1/2 cup	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		710	56	986	6.48	2.83	543.2	2646	53.56	54	26.65	94.98	24.52	8.43	*0.00
% of Calories										30.4%	15.0%	53.5%	31.1%	10.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/18/2019															
Elementary Lunch	Total														
Walking Taco	portions	266	34	342	2.81	1.95	106.5	510	3.69	2	12.51	21.46	14.54	5.82	0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Taco Toppings	serving	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Black Bean Salsa	1/2 cup	138	0	258	6.65	5.28	32.9	124	3.65	3	6.18	26.67	1.31	0.17	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
BBQ Sauce	1 oz	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 TBSP	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Weighted Daily Average		510	43	729	6.45	4.58	401.8	1485	48.81	30	25.97	69.24	14.98	5.16	*0.00
% of Calories										23.3%	20.4%	54.3%	26.4%	9.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 04/19/2019															
Elementary Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/22/2019															
Elementary Lunch	Total														
Sweet and Sour Chicken/Rice	Servings	649	34	726	2.75	4.98	31.3	253	3.62	*49	19.88	120.27	9.44	2.09	*0.00
Pizza, Cheese Wedge	slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas & Carrots, seasoned	1/2 cup	65	3	77	3.53	1.07	26.3	10829	9.19	5	3.51	11.51	1.58	0.79	0.00
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Pears, Rosey	1/2 cup	91	0	125	2.54	0.46	0.1	70	22.69	*15	2.39	21.74	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		715	37	863	6.37	4.50	653.1	6228	40.34	*54	33.50	114.69	14.46	6.52	*0.00
% of Calories										*30.4%	18.8%	64.2%	18.2%	8.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/23/2019															
Elementary Lunch	Total														
Chicken Nuggets	1 serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Cheeseburger on Bun	1 each	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Breaded Drumstick Basket	1 each	380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Country Fat Free	2 TBSP	69	0	280	0.00	0.01	1.8	10	0.0	2	0.0	9.89	3.96	1.98	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Applesauce	1/2 cup	49	0	2	0.97	0.00	0.0	77	0.0	11	0.97	13.51	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		566	39	990	4.77	2.44	393.8	1264	26.07	*34	27.27	71.61	19.53	5.01	*0.00
% of Calories										*24.0%	19.3%	50.6%	31.1%	8.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/24/2019															
Elementary Lunch															
	Total														
	French Toast /Sausage*	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
	Pepperoni Pinwheel Pocket	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
	Baked Potato Entree	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
	Pizza, Galaxy Personal Pan	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
	Carrots, Baby	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
	Homemade Bread	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
	Corn, Seasoned	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
	Blueberries, frozen	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
	Fruit Cocktail:canned,lt syrup	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	0.00	0.00
	Juice, Assorted 4 oz	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
	Milk, Choc 1% Carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
	Milk, 1% White Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
	Milk, Strawberry Skim Carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
	Ketchup packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
	Dressing, Ranch FF	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
	Dressing, Honey Mustard	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
	Jelly	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		624	74	799	4.47	1.89	470.7	1443	15.44	45	26.18	84.95	20.20	7.73	*0.00
% of Calories										29.1%	16.8%	54.5%	29.1%	11.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/25/2019															
Elementary Lunch	Total														
Chicken Alfredo	servings	519	53	745	3.24	3.20	316.6	122	0.01	2	24.91	71.66	14.47	6.62	0.00
Chic Fajita Quesadillas	1 Each	198	45	608	2.00	1.14	37.9	43	0.02	*1	13.98	21.24	4.81	1.96	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Apples, sliced, fresh	2 oz	116	0	2	5.30	0.29	16.1	161	9.64	32	0.58	30.63	0.37	0.00	0.00
Grapes, Fresh	1/2 cup	33	0	5	0.37	0.00	7.3	37	0.44	7	0.0	8.4	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
BBQ Sauce	2 oz	65	0	299	1.87	0.00	0.0	374	0.0	11	0.0	14.95	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		636	55	952	5.99	3.04	555.2	1845	31.73	*39	30.16	97.16	14.01	5.63	*0.00
% of Calories										*24.5%	19.0%	61.1%	19.8%	8.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/26/2019															
Elementary Lunch	Total														
BBQ Rib/bun	sandwich	338	41	584	3.47	2.44	94.0	192	3.4	7	21.0	33.74	13.0	3.60	0.00
Corn Dog Nuggets	serving of 6	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Baked Beans- district	1/2 CUP	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
Apples, Cinnamon	1/2 cup	86	0	13	2.75	0.03	3.0	58	0.01	14	0.01	17.72	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		618	46	821	6.64	2.69	466.1	1502	28.44	48	28.52	90.68	14.92	4.38	*0.00
% of Calories										31.3%	18.5%	58.7%	21.7%	6.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/29/2019															
Elementary Lunch															
Total															
Spaghetti & Meatsauce	1 Cup	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Pears, Rosey	1/2 cup	91	0	125	2.54	0.46	0.1	70	22.69	*15	2.39	21.74	0.0	0.00	*0.00
Tropical fruit mix	1/2 cup	66	0	3	1.09	0.39	6.1	435	15.28	16	0.0	17.38	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	2 oz	90	0	600	0.00	0.00	0.0	90	0.0	18	0.0	20.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		624	32	939	5.82	4.08	657.6	2638	56.46	*41	30.17	93.95	14.82	6.05	*0.00
% of Calories										*26.2%	19.3%	60.2%	21.4%	8.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/30/2019															
Elementary Lunch	Total														
Chicken Nuggets	1 serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Deli Sub Sandwich (Elem)	1 each	332	68	854	2.00	2.52	175.9	202	4.2	3	22.54	28.31	14.02	4.07	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Breaded Drumstick Basket	1 each	380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 TBSP	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	160	20	500	0.00	0.00	0.0	0	0.0	0	0.0	2.0	16.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		560	40	1003	4.77	2.51	395.0	1223	36.89	32	27.29	69.79	19.10	4.31	*0.00
% of Calories										23.1%	19.5%	49.8%	30.7%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		609	46	891	5.49	3.11	504.4	1970	34.59	*40 *59.6%	28.15 18.5%	84.40 55.5%	17.63 26.1%	6.01 8.9%	*0.00 *0.0%
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**Lee's Summit R-7 School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	609		600 - 650	100%													
Cholesterol (mg)	46																
Sodium 1 (mg)	891		1230														
Sodium 2 (mg)	891		935														
Fiber (g)	5.49																
Iron (mg)	3.11																
Calcium (mg)	504.4																
Vitamin A (IU)	1970																
Sugars (g)	40	26.48%				Missing											
Vitamin C (mg)	34.59																
Protein (g)	28.15	18.50%															
Carbohydrate (g)	84.40	55.47%															
Total Fat (g)	17.63	26.08%															
Saturated Fat (g)	6.01	8.89%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.